

1. Record Nr.	UNINA9910373898003321
Autore	Afonso Jose
Titolo	Asymmetry as a Foundational and Functional Requirement in Human Movement : From Daily Activities to Sports Performance // by José Afonso, Cristiana Bessa, Filipe Pinto, Diogo Ribeiro, Beatriz Moura, Tiago Rocha, Marcus Vinícius, Rui Canário-Lemos, Rafael Peixoto, Filipe Manuel Clemente
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2020
ISBN	981-15-2549-8
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (V, 35 p. 5 illus.)
Collana	SpringerBriefs in Applied Sciences and Technology, , 2191-5318
Disciplina	610.28
Soggetti	Biomedical engineering Biomechanics Biotechnology Biomedical Engineering and Bioengineering
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- Foundations of asymmetry -- Structural and functional asymmetries in humans -- Asymmetries in daily activities -- Asymmetries in athletic performance -- Injury prevention: From symmetry, to asymmetry, to critical thresholds -- Concluding remarks.
Sommario/riassunto	This book describes the structural and functional asymmetries in human body movement by providing cases and examples using illustrations and easy-to-understand scenarios. Specifically, it adopts an evidence-based approach to demonstrate (i) the role of structural (e. g., bone dimensions) and functional (e.g., hemispheric dominance) asymmetries in the human body; (ii) the asymmetric nature of most daily activities (e.g., gait, mastication); (iii) the benefits of asymmetry for physical performance; and (iv) the role of asymmetry in preventing injury. More than just a scientific book, it bridges the gap between theory and practice, and includes practical examples and applications. The book appeals to academics and practitioners in the fields of kinesiology, human movement, sports sciences, strength and conditioning, and physiotherapy.

2. Record Nr.	UNINA9910955331003321
Autore	Lai Chun (Language teacher)
Titolo	Autonomous language learning with technology beyond the classroom // Chun Lai
Pubbl/distr/stampa	London ; ; New York : , : Bloomsbury Academic, , [2017]
ISBN	9781474240437 1474240437 9781474240444 1474240445 9781474240420 1474240429
Descrizione fisica	1 online resource (232 pages) : illustrations, tables
Collana	Advances in Digital Language Learning and Teaching
Classificazione	807 418.0078/5
Disciplina	418.0078/5
Soggetti	Distance education - Technological innovations Language and languages - Computer-assisted instruction Language and languages - Study and teaching - Self-instruction Language and languages - Study and teaching - Technological innovations Web-based instruction - Technological innovations
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes bibliographical references (p. [197]-225) and index
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. I Understanding Out-of-Class Autonomous Language Learning with Technology. 1.Introducing Key Concepts ; 2.Theoretical Backgrounds and Frameworks ; 3.The Nature of Out-of-Class Autonomous Language Learning with Technology ; 4.Factors that Affect Out-of-Class Autonomous Language Learning with Technology -- pt. II Promoting Out-of-Class Autonomous Language Learning with Technology. 5. Promoting Out-of-Class Autonomous Language Learning with Technology: Learner Training ; 6.Promoting Out-of-Class Autonomous Language Learning with Technology: Teachers' Role ; 7.Promoting Out-of-Class Autonomous Language Learning with Technology: The Resource and Environment Design -- pt. III Researching Out-of-Class Autonomous Language Learning with Technology ; 8.Towards a

Sommario/riassunto

"This book looks beyond the classroom, and focuses on out-of-class autonomous use of technology for language learning, discussing the theoretical frameworks, key findings and critical issues. The proliferation of digital language learning resources and tools is forcing language education into an era of unprecedented change. The book will stimulate discussions on how to support language learners to construct quality autonomous technology-mediated out-of-class learning experience outside the classroom and raise greater awareness of and research interest in this field. Out-of-class learning constitutes an important context for human development, and active engagement in out-of-class activities is associated with successful language development. With convenient access to expanded resources, venues and learning spaces, today's learners are not as dependent on in-class learning as they used to be. Thus, a deeper understanding of the terrain of out-of-class learning is of increasing significance in the current educational era. Technology is part and parcel of out-of-class language learning, and has been a primary source that learners actively use to construct language learning experience beyond the classroom. Language learners of all ages around the world have been found to actively utilize technological resources to support their language learning beyond formal language learning contexts. Insights into learners' out-of-class autonomous use of technology for language learning are essential to our understanding of out-of-class learning and inform educators on how language learners could be better supported to maximize the educational potentials of technology to construct quality out-of-class learning experience."--Bloomsbury Publishing.
